

APRIL 2021

GREEN VALLEY SCHOOL



PRINCIPAL'S MESSAGE

Welcome to Spring 2021!

We have been very grateful for the continued support and cooperation from our entire community as we navigate through different teaching and learning models. Our students and staff have been incredibly kind, flexible and understanding as we continue to make ongoing changes to our middle years' time-table and to teacher's schedules.

This month, Green Valley School is bidding farewell to another staff member that will be leaving on maternity leave. We wish Ms. Malorie Fisher and her husband Jesse all the best as they await the arrival of their first child. Replacing Ms. Fisher will be Mrs. Irene Schulz and Ms. Marie Schriemer. Ms. Schulz will be teaching 8MF Math and Science. Ms. Schriemer will be teaching 8MF their ELA and Social Studies classes. Mrs. Schulz will also be assisting Mr. Alexander Grant's class as they will have to be working out of two classrooms, to accommodate our social distancing protocols. GVS would also like to welcome Ms. Makenna Lindal to our team of Educational Assistants.

During the months of February and March, GVS celebrated literacy with ***I Love to Read*** month in February and numeracy with ***At GVS Everyone Counts*** in March. Staff and students were able to still participate in some fun activities that allowed us to recognize the importance of increasing our literacy and numeracy skills. THANKS to Ms. Kate Babij and Mrs. Maria Friesen for their extra efforts in planning these activities. According to our super dedicated librarian, Mrs. Tracey Friesen, GVS students have been signing out over 500 books a week. These are some exceptional numbers. Keep up the strong efforts GVS students!!

When our students return after Spring Break, they will also be returning to band/choir classes. We have been so impressed with the patience, dedication, and resiliency our band and choir students have shown through out this school year. We are excited to once again hear music coming out of our band room.

We wish our GVS community a safe, enjoyable, and relaxing Spring Break. To ensure that we can come back to more activities and perhaps lifting of more restrictions, we ask that students and families continue to follow all the public health orders. We want to ensure a safe return to classes come April 5 for students and staff alike. Let's continue to do our part to help minimize the spread of COVID in our community.

With best wishes,

Angela Burtnack-Schinkel

MONTH AT A GLANCE

April 2:

Good Friday

April 5:

First Day of Classes after
Spring Break

April 12:

Gr 7&8 Return to In School
Learning Full Time

April 16:

Admin Day
(No Classes)

April 23:

SY Report Cards Issued

LIBRARY

Thank you to all who supported the annual Scholastic Book Fair in February. Even though it was held virtually, over 162 books were sold. Thank you for believing in books and the impact of reading on your child's future. We have had to adapt to many changes this school year, including how the library operates. The students have adapted well to signing out books through the Destiny program and then receiving their books through the curbside to the classroom delivery system. Over 10,000 GVS library books will have been signed out by the Spring Break. Way to go Pirates! Keep on reading on your own, with your friends, with your parents and other family members, in class, on the bus, with the dog.....you get the picture! If you don't like a book you signed out, return it and give another one a try.

Remember, ***"There's no such thing as a kid who hates reading. There are kids who love reading, and kids who are reading the wrong books."*** ~James Patterson (author of the *Maximum Ride* series, *Middle School* series, and many other books).

NUMERACY MONTH AT GVS

At GVS everyone counts! Students have been taking part in activities and special days, along with the daily math joke, to highlight and celebrate Math. We kicked off Numeracy Month with Pi Day on March 15th. Pi Day also gave us the opportunity to explore the number Pi (3.14 - but really a never ending number), circles and other Pi related topics. Students had an opportunity to take part in Wear a Number Day and Wear a Pattern Day. Classes with the top participation received a treat. Numeracy Month wraps up on March 26th with the announcement of the student(s) who guessed closest to the number of candies in the jar (and then takes them home) and "Escape from Numeracy Month" a digital math escape room. Hopefully everyone enjoys it and makes it out so they can get to Spring Break!

For math activities to do at home with your child(ren) please visit our website for links to many math riddles and games.

"Why did the 90-degree angle win the argument?" – *Because it was "Right"!*

TRAVEL AND LEARNING OPPORTUNITY

The Youth Ambassadors exchange program is now open for applications. This program occurs every year and allows Canadian and American students to learn more about one another. The program is designed for students who are 15 - 17 years old. This year, due to the pandemic, the program will be mostly virtual. For more information about this program, please contact our school counsellor, Mr. Cam Gerbrandt.

BAND

I think this might be the most exciting music related news I have written up in my entire career...after spring break we will resume band class in the music room! This means that we get to play our instruments once again and the beautiful sounds of instruments playing will be heard at GVS! We will be taking all necessary and required precautions to keep our students safe while they are playing.

Schedule for students to bring instruments to school (aside percussions as those instruments are available at school):

- Monday
 - Grade 7 Band Woodwinds (Flute, Clarinet, Saxophone)
 - Grade 9/10 Band (all instruments)
- Tuesday
 - Grade 7 Band Brass (Trumpet, French Horn, Trombone, Tuba, Bass Guitar)
 - Grade 9/10 Band (all instruments)
- Wednesday
 - Grade 8 Band Woodwinds (Flute, Clarinet, Saxophone)
 - Grade 11/12 Band (all instruments)
- Thursday
 - Grade 8 Band Brass (Trumpet, French Horn, Trombone, Tuba, Bass Guitar)
 - Grade 11/12 Band (all instruments)
- Friday
 - to be announced to students during the week

HIGH SCHOOL STUDENTS

Course registration will begin soon. You should take the time to plan what courses you hope to take next year. Go to our school website and take a look at the course descriptions. You can read about compulsory subjects and elective subjects for each grade. You can find them under the Students tab and then click Course Registration. <https://gvs.hsd.ca/course-registration/> Another thing you could do is to talk to your current teachers about courses you could take next year. They have good information and could give some good advice.



NUTRITION BITS AND BITES

Lunch Time Swaps



We value your feedback!

Please complete our short survey to help us improve the School Nutrition Newsletter:

<https://www.surveymonkey.com/r/88ZYW2P>



How nutritious are the lunches you pack for your kids?

It's easy to find yourself wanting to buy pre-packaged snacks because they're convenient, inexpensive and seem like the only thing your child will eat. However, these processed foods are known to have more sugar, fat and sodium in them. Packing a nutritious lunch doesn't have to be hard. Making a few changes to your child's lunch will not only increase its nutrition, but it will taste good too!

Nutritious Food Swaps for Your Child's Lunch

Making nutritious swaps to your child's lunch can be easy! Here are 5 tips to get you started:

1. Whole grain instead of white bread/ wraps. Switching to whole grain will boost your child's fiber intake.
2. Leftover lean meats instead of deli meat. Deli meats contain a high amount of sodium, saturated fats and additives. Thinly sliced roast meat works great on sandwiches.
3. Pick fruit instead of sugary snacks. Pack fresh or dried fruit instead of gummy fruit snacks; look for seasonal fruits to save money.
4. Homemade instead of pre-packaged snacks. Pre-packaged foods are often processed and contain many additives. Mini muffins are a great lunch box addition (see recipe)
5. Water instead of sugary drinks. Most fruit beverages contain a little fruit and a lot of sugar. Try infused water for something different.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Zucchini Chocolate Chip Muffins

Yield: 12 muffins or 24 mini muffins

Ingredients:

- 1 cup quick oats
- 1 cup whole wheat flour
- 1 tbsp baking powder
- ½ tsp cinnamon
- ½ cup granulated sugar
- 1 cup shredded zucchini, packed
- 2 tbsp canola oil
- 1 egg, lightly beaten
- ¾ cup skim milk
- ½ cup chocolate chips



Instructions:

1. Preheat oven to 400F. Line a muffin pan with paper muffin cups or spray with cooking spray.
2. In a large bowl, stir together oats, flour, baking powder, cinnamon, and sugar. Set aside.
3. In a medium bowl, combine zucchini, canola oil, egg and milk.
4. Add wet ingredients to the dry ingredients and stir until just moist. Fold in the chocolate chips.
5. Spoon batter into the muffin tin and bake for 20 minutes or until a toothpick inserted in the center comes out clean and muffins are golden.

Recipe source: canolaeatwell.com

Kids can help by:

- Measuring out ingredients
- Mixing ingredients together
- Scooping batter into muffin tins

Want more tips for packing school lunches?



Check out www.unlockfood.ca and search “school lunches”

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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